ACCUSPLIT
OFFICIAL PEDOMETER OF THE PGA TOUR

PGA TOUR

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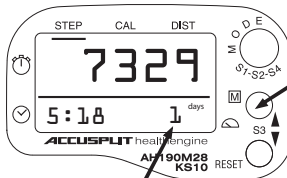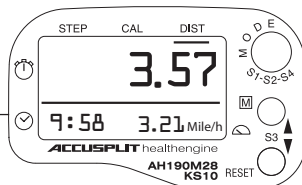**ACCUSPLIT** *healthengine™*

AH190M28 PEDOMETER

Operating Instructions

DISPLAYS

CURRENT DAY Display

STEP   CAL   DIST
3.57
9:58   3.21 Mile/h
ACCUSPLIT healthengine
AH190M28 KS10   RESET

STEP   CAL   DIST
7329
5:18   1 days
ACCUSPLIT healthengine
AH190M28 KS10   RESET

MEMORY button

MEMORY Display

MEMORY display area

The pedometer has two display modes: CURRENT DAY and MEMORY.

1. CURRENT DAY display: Display area in lower right of screen shows SPEEDOMETER function: Mile/h.

2. MEMORY display: Memory display area in lower right of screen shows which day's results you are viewing. To enter MEMORY display, first press the yellow MODE button, then press the gray "M" button. Return to CURRENT DAY display by repeatedly pressing the gray "M" button until the memory display area is blank.

Make sure you are in CURRENT DAY display when setting up your pedometer and checking today's results.

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SETTING UP YOUR PEDOMETER

ACCUSPLIT products use a common setting procedure, S1-S2-S3-S4.

Press S1 for 2 seconds: Enter the SET mode
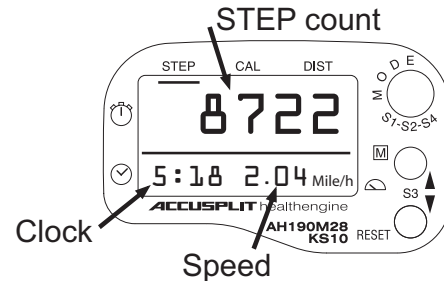
Press S2: Change the field to be set

Press S3: Change the field value

Press S4 for 2 seconds: Exit the SET mode

Setting the Clock

STEP count

Clock

Speed

The clock must be set in order for the memory's automatic rollover function to work correctly.

1. Repeatedly press the yellow MODE button until the pedometer displays the current step count. (The display will show a line underneath the word "STEP" on the label.)

2. *S1:* Press and hold the yellow S1 (MODE) button for 2 seconds. The HOUR display will start to blink, showing that you've entered SET mode.

3. *S3:* Press the S3 ▲ (MEMORY) button to increase the HOUR display. Press the S3 ▼ (RESET) button to de crease the HOUR display. Hold the button down to change hours quickly. PM hours are displayed in military time (1:00 PM is 13:00, 2:00 PM is 14:00, etc.).

4. *S2:* Press the yellow S2 (MODE) button to switch from the HOUR display to the MINUTE display. The MINUTE display will start to blink.

5. *S3:* Press the S3 ▲ (MEMORY) button to increase the MINUTE display. Press the S3 ▼ (RESET) button to decrease the MINUTE display. Hold the button down to change minutes quickly.

6. *S2:* Press the yellow S2 (MODE) button again to enter WEIGHT setting mode.

Setting Your Weight

Your body WEIGHT (lbs or kg) must be set to measure your CALORIES burned.

1. *S2:* **You must enter WEIGHT setting mode from CLOCK setting mode, as listed above.** Once the clock is set, press the yellow S2 (MODE) button, if you have not done so already, to enter WEIGHT setting mode. The display will show a line underneath the word "CAL" on the label, and the current weight will be flashing.

2. *S3:* Press the S3 ▲ (MEMORY) button to increase the WEIGHT setting in 1 lb (or 1 kg) increments. Press the S3 ▼ (RESET) button to decrease the WEIGHT setting. Hold the button down to change units quickly.
3. *S2:* Press the yellow S2 (MODE) button again to enter STRIDE setting mode.

Note: To change units of meaure to metric, see "Changing the Unit of Measure" on p. 30.

Setting Your Stride Length

Your STRIDE length (feet or cm) must be entered to measure your DISTANCE and SPEED.

Find Your Stride Length: Your STRIDE length is the length of one of your steps, measured from "toe to toe." To measure, walk 10 steps with your normal stride and measure the total distance from the toe of your starting step to the toe of your 10th step. Divide the total distance you measured by 10 to find your STRIDE length. *Example:* If you walk 25 feet in 10 steps, your stride length is 2.5 feet.

10 steps

Set Your Stride Length:

1. *S2:* **You must enter STRIDE setting mode from WEIGHT setting mode, as listed above.** After setting the CLOCK and WEIGHT, press the yellow S2 (MODE) button, if you have not done so already, to enter STRIDE setting mode. The display will show a line underneath the word "DIST" on the label, and the current stride length will be flashing.
2. *S3:* Press the S3 ▲ (MEMORY) button to increase the STRIDE LENGTH setting in .25 ft (3 in) (or 1 cm) increments. Press the S3 ▼ (RESET) button to decrease the STRIDE LENGTH setting. Hold the button down to change units quickly.

Exit Setup Mode

Once you have set the time of day, your weight, and your stride length, you have finished setting up your pedometer.

S4: Press the yellow S4 (MODE) button for at least 2 seconds to return to STEP Mode. The display will stop flashing.

Exclusive Accuracy Tip: After setting STRIDE length, maximize the accuracy of the Distance measurement with this method:

1. Walk a measured 0.5 or 1.0 mile/km.
2. Compare the DISTANCE recorded on your pedometer to the distance you actually walked. If the pedometer shows you walked LESS than you actually did, reset your STRIDE length to a longer setting. If the pedometer shows you walked MORE than you actually did, reset your STRIDE length to a shorter setting.
3. Reset step count to 0.
4. Walk the measured distance again to test the adjustment, and re-adjust if necessary.

USING YOUR PEDOMETER

Wearing Your Pedometer

While gently holding the metal belt clip open, slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee. *Note: the pedometer should be as vertical as possible.* Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.

The cover must be closed for the pedometer to work.

To avoid losing or dropping your pedometer, use the included leash and clip to fasten it securely to your clothing.

Viewing Today's Results

Once you put on your pedometer and close the lid, it will automatically begin to record your steps, distance, calories consumed, and average speed of walking/jogging. To see your results, repeatedly press the yellow MODE button to cycle through the pedometer modes:

STEP → CALORIE → DISTANCE → STOPWATCH → STEP

- STEP mode displays all the step count activity since last automatic daily reset (at 3:50 AM). A line appears under the "STEP" label when in this mode.
- CALORIE mode (CAL) displays calories burned as a result of step activity since last automatic daily reset. A line appears under the "CAL" label when in this mode.

- DISTANCE mode (ML or KM) displays distance walked or jogged since last automatic daily reset. A line appears under the "DIST" label when in this mode.
- STOPWATCH/TIMER mode allows you to display your walking or jogging speed (miles/hr or km/hr), manually record activity time, and use as a countdown timer. The display will change to the stopwatch readout (H:MM:SS) when in this mode.
- TIME OF DAY appears in all modes.

Automatic Daily Reset: At 3:50 AM every day, the previous 24 hours' records are automatically saved and all daily memories are reset to 0. You do not have to press the RESET button every day.

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Press MODE repeatedly to view today's results

Clock

Speed

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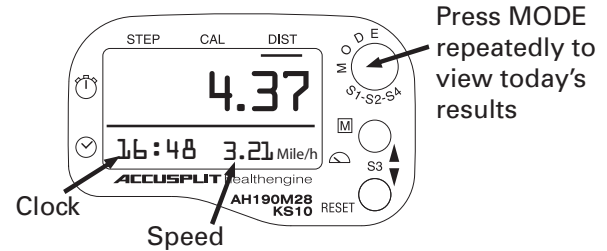
Viewing Previous Days' Results

Your pedometer has a total of 28 memories:

- 3 memories for today's steps, distance, and calories.
- 7 days of memories for steps, distance, and calories.
- TOTAL memories for steps, distance, and calories over the past 7 days.
- Activity stopwatch memory.

To recall the daily memories from the previous 7-day period:

1. Press the yellow MODE button to search for the specific MODE that you would like to recall (steps, distance, or calories).

2. Press the MEMORY button to search for the specific day's records you would like to recall. For example, if you would like to see the records of 2 days ago, press the MEMORY button until the DAYS display shows "2 days."

3. "1 days" is the record for yesterday, "2 days" is for 2 days ago, etc. "7 days total" shows you the total activity for the past 7 days.

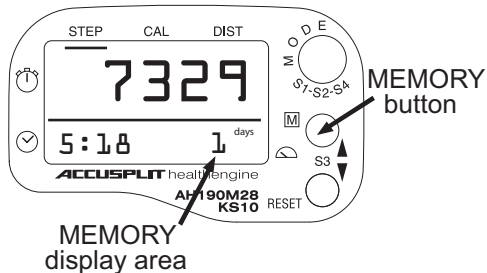4. Records older than 7 days are automatically discarded.

SPEED is shown in lower right portion of display, except when viewing memories (see below).

TIME OF DAY is shown in all modes.

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MEMORY button

MEMORY display area

Resetting the Memories

1. **Auto Reset:** At 3:50 AM every day, the previous day's records are automatically saved and figures in the main display window are automatically reset to 0. You do not need to press the RESET button every day.

2. **Manual Reset:** If you want to reset today's data to 0, press and hold the yellow RESET button for 2 seconds.

3. **System Reset:** To reset all memories to 0, press the recessed SYSTEM RESET button in the lower left corner of the front of the display. (Use a pen or the end of a paper clip.)

Note: In case of irregular display due to static electricity, pressing the SYSTEM RESET button, and then resetting the CLOCK, WEIGHT, and STRIDE settings, will return the unit to normal.

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Using the Speedometer

The SPEED function answers the question, "How many seconds did I take to walk 10 steps?" (in mph or kph). SPEED is displayed in the lower right hand corner of the display in all modes EXCEPT memory recall. Until your speed for the next 10 steps is calculated, the latest speed remains in the display.

NOTE: You must set your STRIDE length for accurate SPEED measurements.

NOTE: If you took longer than 12 seconds to walk 10 steps, or you stop walking for longer than 12 seconds or walk "off and on," the measurement is cancelled and Walk Speed display continues to show the walk speed for the last complete set of 10 steps.

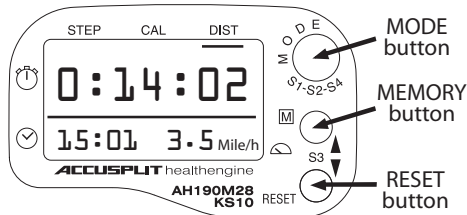22

USING THE STOPWATCH AND TIMER

Using the Stopwatch

1. Repeatedly press the yellow MODE button until the display is in STOPWATCH/TIMER mode. (Display will show hours:minutes:seconds.)

2. Press and hold the S3 ▼ RESET button to reset stopwatch to 0. Display will show "0:00:00" If display does NOT reset to 0, you are in timer mode. Reset to 0 by following instructions in "Using the Countdown Timer," Step 8.

3. Press the MEMORY button to START and STOP.

4. The stopwatch will count up to 23:59:59 (Hour: Minute: Second) in 1-second increments.

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5. To exit stopwatch mode, press the MEMORY button to stop the stopwatch, then press the yellow MODE button to return to STEP mode.

STOPWATCH/TIMER Mode

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Using the Countdown Timer

1. Repeatedly press the yellow S1 (MODE) button until the display is in STOPWATCH/TIMER mode. (Display will show hours:minutes:seconds.)

2. *S1:* Press and hold the yellow MODE button to enter SET mode. The HOUR display will start to blink.

3. *S3:* Press the S3 ▲ (MEMORY) button to increase the HOUR display. Press the S3 ▼ (RESET) button to decrease the HOUR display. Hold the button down to change hours quickly.

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4. *S2:* Press the yellow S2 (MODE) button to switch from the HOUR display to the MINUTE display. The MINUTE display will start to blink.

5. *S3:* Press the S3 ▲ (MEMORY) button to increase the MINUTE display. Press the S3 ▼ (RESET) button to decrease the MINUTE display. Hold the button down to change minutes quickly.

6. *S4:* Press and hold the yellow S4 (MODE) button for 2 seconds to exit SET mode.

7. Press the S3 ▲ (MEMORY) button to begin countdown. To stop or restart countdown at any time, press the S3 ▲ (MEMORY) button again.

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8. To reset Countdown Timer to 0 during countdown, press the S3 ▲ (MEMORY) button to stop countdown, then press and hold the yellow S1 (MODE) button to return to SET Mode. Go through the SET process again to return hours and minutes to 0. Finally, press and hold the yellow S4 (MODE) button to exit SET Mode. Press the yellow S1 (MODE) button once more to return to STEP Mode.

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ADDITIONAL INFORMATION

Replacing the Battery

1. When the figures on the display start to blink, it is time to replace the battery.
2. The unit uses one Type CR2032 3-volt lithium battery.
3. Insert a coin into the slot at the bottom of the body case. Twist the coin to remove the front case.
4. Locate the BATTERY HOLDING PLATE at the bottom left corner of the inside case. Remove the plate by loosening the two small screws with a small Phillips head screwdriver.

5. Take out the old battery and replace it with a new battery. Place the battery's positive (+) terminal FACE UP while you install it into the pedometer.
6. CAUTION: Please DO NOT TOUCH inner pedometer parts, other than battery. Touching the sensor mechanism may affect the accuracy of the pedometer.
7. Reinstall the BATTERY HOLDING PLATE by tightening the two screws. Put the case back together by matching the top edges of the front case and back case together, then pressing the bottom of the case together. If the two halves don't go together easily, check if the front case is upside down!
8. Reset the CLOCK. WEIGHT, and STRIDE to restore all functions to your pedometer.

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Changing the Unit of Measure

To change between English (feet, pounds) and metric units:

1. Repeatedly press the yellow MODE button until display is in STEP mode.
2. *S1:* Press yellow S1 (MODE) button for 2 seconds to enter SET mode.
3. *S2:* Press yellow S2 (MODE) button repeatedly until STRIDE setting flashes (there will be a line under "DIST").
4. *S3:* Simultaneously press and hold the yellow S2 (MODE) and S3 ▲ (MEMORY) buttons for at least 5 seconds. The unit will shift to the other measurement system.
5. *S4:* Press and hold yellow S4 (MODE) button for 2 seconds to exit SET mode.

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